

Worksheet

EP 5: Resources- Looking for Abundance

In this episode we learn the importance of tapping into our network or creating new communities to support us in achieving the results we want. To brainstorm and discover our resources we use a visual, 'right brain' technique called 'Mind Mapping'. Here is a guide on how to do this.

1. Use either a large white board, chalkboard or poster board. Gather multi-colored markers.
2. Draw yourself in the center (this could be indicated by a simple shape like a circle or you can be more artistic if you'd like). Begin to speculate on your immediate communities. Let this process be as organic as possible. You can choose communities based on location, interest, or relationship (family, friends, etc).
2. Using different colors and shapes for each community, begin to branch out as you get more specific. Be sure to include micro communities and then individuals in that community. **Using multiple colors, shapes or drawings is key in this process as this uses your full brain potential to help you brainstorm and organize the information.**

4. Continue to 'map' out your communities, allowing yourself to think beyond your immediate resources. Don't forget about your local café or gym!
5. When you are done, step back and look at any missing communities that you could create to support you in your goals. i.e. if you want to be healthier, maybe you want to join a hiking meet-up or online health community. Create a shape somewhere on your map to indicate this new community you will be creating.
6. Be sure to take a picture of your map for safe keeping. Looking at your map, begin to develop a list of at least 50 people you can begin to contact to share about your goals and request support. **Remember: most people want to help you- you just need to ASK.**
7. This week, begin to reach out to those people on your list. Share what you are up to and ask for feedback, additional resources or any support they can offer. If you want to create a new community, take an action toward joining that community.

RESOURCES

[Mind Mapping Video](https://www.youtube.com/watch?v=MlabrWv25qQ) - <https://www.youtube.com/watch?v=MlabrWv25qQ>

Examples of Mind Maps



